#### COFOUNDER of CHARACTERSTRONG

#### HOUSTON KRAFT

# A JOURNAL

30 DAYS / 10 MINUTES A DAY A DAILY PRACTICE IN KINDNESS



KIND A JOURNAL

#### 10 MINUTES

# WRITE OUT ONE THING YOU LOVE ABOUT YOUR PAST SELF,

ONE THING YOU LOVE ABOUT YOUR PRESENT SELF,

— and —

ONE THING YOU LOVE ABOUT YOUR FUTURE SELF.

PUT IT SOMEWHERE YOU'LL SEE DAILY.



#### 30 DAYS | DAY 1

"DON'T ASK YOURSELF WHAT THE WORLD NEEDS, ASK YOURSELF
WHAT MAKES YOU COME ALIVE. AND THEN GO AND DO THAT. BECAUSE
WHAT THE WORLD NEEDS IS PEOPLE WHO HAVE COME ALIVE."

-HOWARD WASHINGTON THURMAN

I PERSON   YOURSEL		
Why Do You Deserve I	indness Today?:	
10 MINUTES   PUT	KINDNESS INTO /	ACTION
0 ,	f, and one thing yo	Past Self, one thing you love ou love about your Future Self.
		•
DID YOU DO IT?	JYES! □NOT	YET
If yes, what did you le	ırn? If not yet, what	t got in the way?







KIND

#### 10 MINUTES

**GO FOR A WALK** 

and —

IDENTIFY 5 THINGS
YOU ARE GRATEFUL FOR

that exist within

A 10 MINUTE WALK OF WHERE YOU LIVE.

#### 30 DAYS | DAY 2

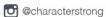
"YOU'VE BEEN CRITICISING YOURSELF FOR YEARS AND IT HASN'T WORKED. TRY APPROVING OF YOURSELF AND SEE WHAT HAPPENS."

-LOUISE L. HAY

IN MINIITES	I PUT KINDNESS INTO ACTION
Go for a walk	and identify 5 things you are grateful for that exist within ralk of where you live.
OID YOU DO	IT? YES! NOT YET
f yes, what d	id you learn? If not yet, what got in the way?











### CHALLENGE 3 FRIENDS TO SEND YOU A PICTURE

OF WHAT THEY BELIEVE

### WILL MOST MAKE YOU SAY "Awwwww."

#### 30 DAYS | DAY 3

1 DEDCON | YOUR CELE

"WHEN YOU SAY 'YES' TO OTHERS MAKE SURE YOU ARE NOT SAYING 'NO' TO YOURSELF."
-PAULO COELHO

Why Do Y	ou Deserve Kindness Today?:
10 MINU	TES I PUT KINDNESS INTO ACTION
	3 friends to send you a picture of what they believe will most say, "Awwwww."
	. 1
-	
	* * *
DID YOU	DO IT? YES! NOT YET
If yes, wh	at did you learn? If not yet, what got in the way?











# SEND A FAMILY MEMBER A picture of your smiling face AND TELL THEM ONE REASON THEY MAKE YOU HAPPY.



#### 30 DAYS | DAY 4

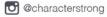
1 PERSON | FAMILY MEMBER

"OTHER THINGS MAY CHANGE US, BUT WE START
AND END WITH THE FAMILY."

-ANTHONY BRANDT

Who Are They? Why Do They Deserve Kindness? What's Your Favorite Thing About This Person?  10 MINUTES   PUT KINDNESS INTO ACTION  Send a family member a picture of your face smiling and tell them one reason they make you happy.  DID YOU DO IT?		
**DID YOU DO IT?	Who Are They?	
10 MINUTES   PUT KINDNESS INTO ACTION  Send a family member a picture of your face smiling and tell them one reason they make you happy.  DID YOU DO IT?  YES!  NOT YET	Why Do They D	eserve Kindness?
Send a family member a picture of your face smiling and tell them one reason they make you happy.  DID YOU DO IT?   YES!   NOT YET	What's Your Fav	orite Thing About This Person?
Send a family member a picture of your face smiling and tell them one reason they make you happy.  DID YOU DO IT?   YES!   NOT YET		
DID YOU DO IT?	10 MINUTES	I PUT KINDNESS INTO ACTION
DID YOU DO IT?		· · · · · · · · · · · · · · · · · · ·
	reason they ma	ine you happy.
		* *
f yes, what did you learn? If not yet, what got in the way?	DID YOU DO I	T? YES! NOT YET
	If yes, what did	you learn? If not yet, what got in the way?







#### KIND A JOURNAL

#### 10 MINUTES

### WRITE A SHORT, LOVING NOTE TO ONE FAMILY MEMBER

# AND HIDE IT IN A PLACE THAT MIGHT BE HARD FOR THEM TO DISCOVER.

TEXT THEM THROUGHOUT THE DAY WITH MYSTERIOUS HINTS.

### Day 5

#### 30 DAYS | DAY 5

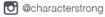
1 DEDCON I FAMILY MEMDED

"YOU LEAVE HOME TO SEEK YOUR FORTUNE AND, WHEN YOU GET IT, YOU GO HOME AND SHARE IT WITH YOUR FAMILY."

-ANITA BAKER

I PERSUN I TAIT	IL/ TILITOLN
Who Are They?	
Why Do They Des	erve Kindness?
What's Your Favor	ite Thing About This Person?
10 MINUTES	PUT KINDNESS INTO ACTION
	ng note to one family member and hide it in a place that them to discover. Text them throughout the day with
	* * *
DID YOU DO IT?	YES! NOT YET
If yes, what did ye	ou learn? If not yet, what got in the way?









# MAKE A FORMAL INVITATION TO HANG OUT WITH A PARENT OR GUARDIAN. PUT TOGETHER A FANCY

MARK IT IN YOUR CALENDAR.

save the date card

COMMIT TO DOING SOMETHING YOU KNOW THEY'LL LOVE.



#### 30 DAYS | DAY 6

1 PERSON | FAMILY MEMBER

"CALL IT A CLAN, CALL IT A NETWORK, CALL IT A TRIBE, CALL IT A FAMILY: WHATEVER YOU CALL IT, WHOEVER YOU ARE, YOU NEED ONE."

-JANE HOWARD

Who Are The	ey?
Why Do The	y Deserve Kindness?
What's Your	Favorite Thing About This Person?
10 MINUTI	ES I PUT KINDNESS INTO ACTION
a fancy save	nal invitation to hang out with a parent or guardian. Put together the date card. Mark it in your calendar. Commit to doing ou know they will love.
	* * *
DID YOU D	OIT? YES! NOT YET
If yes, what	did you learn? If not yet, what got in the way?





#### KIND

#### 10 MINUTES

# GO BACK THROUGH OLD PHOTOS AND FIND A PICTURE OF THE TWO OF YOU.

send it to them

AND TELL THEM WHY IT'S A POSITIVE MEMORY FOR YOU.

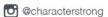


#### 30 DAYS | DAY 7

1 PERSON | EXTENDED FAMILY

"OUR TASK IS NOT TO SEEK FOR LOVE, BUT MERELY TO SEEK AND FIND ALL
THE BARRIERS WITHIN YOURSELF THAT YOU HAVE BUILT AGAINST IT."
-RUMI

Who Are They	?
Why Do They	Deserve Kindness?
What's Your F	avorite Thing About This Person?
10 MINUTES	B I PUT KINDNESS INTO ACTION
	ugh old photos and find a picture of the two of you. Send it to them why it's a positive memory for you.
DID YOU DO	IT? □ YES! □ NOT YET
If yes, what c	lid you learn? If not yet, what got in the way?





#### A JOURNAL

#### 10 MINUTES

# FIND A PRESENT THAT THIS PERSON GAVE YOU ON A HOLIDAY OR BIRTHDAY.

**VIDEO CALL THEM** 

### AND TELL THEM HOW MUCH YOU APPRECIATE IT.

### Day 8

#### 30 DAYS | DAY 8

1 PERSON | EXTENDED FAMILY

"PEOPLE ARE LIKE STAINED-GLASS WINDOWS. THEY SPARKLE AND SHINE WHEN THE SUN IS OUT, BUT WHEN THE DARKNESS SETS IN, THEIR TRUE BEAUTY IS REVEALED ONLY IF THERE IS A LIGHT FROM WITHIN."

-ELISABETH KUBLER-ROSS

Why Do They Deserve Kindness?  What's Your Favorite Thing About This Person?  IO MINUTES   PUT KINDNESS INTO ACTION  Find a present that this person gave you on a holiday or birthday. Viscall them and tell them how much you appreciate it still!	
IO MINUTES   PUT KINDNESS INTO ACTION Find a present that this person gave you on a holiday or birthday. Vic	
Find a present that this person gave you on a holiday or birthday. Vi	
Find a present that this person gave you on a holiday or birthday. Vi	
an them and ten from now much you appropriate it stills	deo
DID YOU DO IT? YES! NOT YET	
f yes, what did you learn? If not yet, what got in the way?	









#### CELEBRATE THIS PERSON'S

1/4 or 1/2 or 1/16TH BIRTHDAY FOR FUN.

# SEND THEM A BIG HAPPY BIRTHDAY NOTE OR TEXT AND PLAN TO MAKE CUPCAKES

OR CHEESECAKES OR SOME KIND OF CAKES WITH THEM OR FOR THEM.

#### 30 DAYS | DAY 9

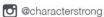
1 PERSON | BEST FRIEND

"THE MOST BEAUTIFUL DISCOVERY TRUE FRIENDS MAKE IS THAT
THEY CAN GROW SEPARATELY WITHOUT GROWING APART."
-ELISABETH FOLEY

Who Are They?	
Why Do They De	eserve Kindness?
What's Your Fav	orite Thing About This Person?
10 MINUTES	PUT KINDNESS INTO ACTION
them a big happ	erson's Quarter or Half or 1/16th birthday for fun. Send by birthday note or text and plan to make cupcakes or some kind of cakes with them or for them.
DID YOU DO 11	? □ YES! □ NOT YET
If yes, what did	you learn? If not yet, what got in the way?











#### WRITE TWO HAIKUS

(5 syllables, 7 syllables, 5 syllables)

### ONE WILL JUST BE ABOUT THIS PERSON.

### ONE WILL BE ABOUT YOUR FRIENDSHIP.

TEXT YOUR MASTERPIECES
TO THEM OR WRITE
THEM OUT AND GIVE THEM
TO YOUR BEST FRIEND.

### Day 10

#### 30 DAYS | DAY 10

1 PERSON | BEST FRIEND

Who Are They?

"THE GREATEST MOMENTS IN LIFE ARE NOT CONCERNED WITH SELFISH ACHIEVEMENTS BUT RATHER WITH THE THINGS WE DO FOR THE PEOPLE WE LOVE AND ESTEEM."

-WALT DISNEY

	Deserve Kindness? avorite Thing About This Person?
Wilat S Toul T	avoille Tilling About Tills Ferson:
10 MINUTES	I PUT KINDNESS INTO ACTION
about this per	cus (5 syllables, 7 syllables, 5 syllables). One will just be cson. One will be about your friendship. Text your masterm or write them out and give them to your best friend.
DID YOU DO	IT? □ YES! □ NOT YET
f yes, what d	id you learn? If not yet, what got in the way?









### CREATE A PLAYLIST WITH THE TOP 5 SONGS THAT

REMIND YOU OF YOUR FRIENDSHIP

### AND COMMIT TO HANGING OUT WITH YOUR BEST FRIEND

—— in person or online ——

### LISTENING TO EACH TRACK, AND REMINISCING ON

GOOD TIMES.



#### 30 DAYS | DAY 11

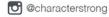
1 PERSON | BEST FRIEND

"LIFE IS PARTLY WHAT WE MAKE IT, AND PARTLY WHAT
IT IS MADE BY THE FRIENDS WE CHOOSE."

-TENNESSEE WILLIAMS

Why Do They Deserve Kindness?  What's Your Favorite Thing About This Person?  10 MINUTES   PUT KINDNESS INTO ACTION  Create a playlist with the top 5 songs that remind you of your friendship and commit to hanging out with your best friend (in person or online), listening to each track, and reminiscing on good times.  DID YOU DO IT?	Who Are The	y?
10 MINUTES   PUT KINDNESS INTO ACTION  Create a playlist with the top 5 songs that remind you of your friendship and commit to hanging out with your best friend (in person or online), listening to each track, and reminiscing on good times.  DID YOU DO IT?	Why Do They	Deserve Kindness?
Create a playlist with the top 5 songs that remind you of your friendship and commit to hanging out with your best friend (in person or online), listening to each track, and reminiscing on good times.  DID YOU DO IT?   YES!   NOT YET	What's Your F	Favorite Thing About This Person?
commit to hanging out with your best friend (in person or online), listening to each track, and reminiscing on good times.  DID YOU DO IT?   YES!   NOT YET	10 MINUTE	<b>S</b> I PUT KINDNESS INTO ACTION
	commit to ha	nging out with your best friend (in person or online), listening to
		* * *
If yes, what did you learn? If not yet, what got in the way?	DID YOU DO	IT? YES! NOT YET
	If yes, what o	did you learn? If not yet, what got in the way?









#### CREATE A

**5 ITEM BUCKET LIST** 

#### OF THINGS THAT YOU WANT TO DO WITH THIS PERSON AND THEN ASK THEM TO WRITE ANOTHER 5. YOU WILL THEN HAVE A

— Jop 10 Friendship Bucket List

#### TO ACCOMPLISH TOGETHER.

OR MAKE A SHARED
NOTE ON YOUR PHONE.



#### 30 DAYS | DAY 17

1 PERSON | FRIEND

Character Strong

"FRIENDSHIP IS BORN AT THAT MOMENT WHEN ONE PERSON SAYS TO ANOTHER, 'WHAT! YOU TOO? I THOUGHT I WAS THE ONLY ONE."

-C.S. LEWIS

Why Do They Deserve Kindness?  What's Your Favorite Thing About This Person?  O MINUTES   PUT KINDNESS INTO ACTION  Create a 5 item bucket list of things that you want to do with this person an hen ask them to write another 5. You will then have a Top 10 Friendship Bucket List to accomplish together. Hang it somewhere important or make thared note on your phone.  OID YOU DO IT?
O MINUTES   PUT KINDNESS INTO ACTION  Create a 5 item bucket list of things that you want to do with this person an then ask them to write another 5. You will then have a Top 10 Friendship Bucket List to accomplish together. Hang it somewhere important or make thared note on your phone.
O MINUTES   PUT KINDNESS INTO ACTION  Create a 5 item bucket list of things that you want to do with this person an then ask them to write another 5. You will then have a Top 10 Friendship Bucket List to accomplish together. Hang it somewhere important or make thared note on your phone.
Create a 5 item bucket list of things that you want to do with this person an then ask them to write another 5. You will then have a Top 10 Friendship Bucket List to accomplish together. Hang it somewhere important or make thared note on your phone.  DID YOU DO IT?   YES!  NOT YET
Create a 5 item bucket list of things that you want to do with this person an then ask them to write another 5. You will then have a Top 10 Friendship Bucket List to accomplish together. Hang it somewhere important or make thared note on your phone.  DID YOU DO IT?   YES!  NOT YET
then ask them to write another 5. You will then have a Top 10 Friendship Bucket List to accomplish together. Hang it somewhere important or make thared note on your phone.  DID YOU DO IT?   YES!   NOT YET
f yes, what did you learn? If not yet, what got in the way?

@characterstrong

@careacter

#DeepKindness



### SEND A VOICE MESSAGE TO THIS PERSON THAT

– lasts at least 2 minutes

AND TRIES TO CAPTURE AS MANY GOOD THINGS AS POSSIBLE IN A SHORT PERIOD OF TIME.



#### 30 DAYS | DAY 13

1 PERSON | FRIEND

"DON'T MAKE FRIENDS WHO ARE COMFORTABLE TO BE WITH.

MAKE FRIENDS WHO WILL FORCE YOU TO LEVEL YOURSELF UP."

-THOMAS J. WATSON

About This Person?  ONESS INTO ACTION his person that lasts at least 2 minutes and tries to gs as possible in a short period of time.
ONESS INTO ACTION  his person that lasts at least 2 minutes and tries t
nis person that lasts at least 2 minutes and tries t
nis person that lasts at least 2 minutes and tries t
* *
ES! NOT YET
If not yet, what got in the way?







#### A JOURNAL

#### 10 MINUTES

# CALL THEIR FAMILY AND GIVE THEM A SECOND-HAND COMPLIMENT. THANK THEM FOR BEING GREAT PARENTS OR SIBLINGS OR GUARDIANS AND SHOW APPRECIATION FOR HOW THEY HELPED RAISE SUCH A

——— wonderful human being. —



#### 30 DAYS | DAY 14

1 PERSON | FRIEND

"YOU CAN MAKE MORE FRIENDS IN TWO MONTHS BY BECOMING
INTERESTED IN OTHER PEOPLE THAN YOU CAN IN TWO YEARS BY
TRYING TO GET OTHER PEOPLE INTERESTED IN YOU."

-DALE CARNEGIE

Who Are They?	1
Why Do They D	Deserve Kindness?
What's Your Fa	vorite Thing About This Person?
10 MINUTES	I PUT KINDNESS INTO ACTION
being great pa	and give them a second-hand compliment. Thank them for rents or siblings or guardians and show appreciation for how se such a wonderful human being.
	* *
DID YOU DO	IT? YES! NOT YET
If yes, what die	d you learn? If not yet, what got in the way?







#### KINI

#### 10 MINUTES

# SEND THIS FRIEND A MESSAGE WITH AN ODD COMPARISON LIKE

"You remind me of Michelle Obama because..."

OR

"Have I ever told you that your essence is just like Abraham Lincoln's because..."

### Day 15

#### 30 DAYS | DAY 15

1 PERSON | FRIEND

"IF YOU GO LOOKING FOR A FRIEND, YOU'RE GOING TO FIND THEY'RE VERY SCARCE. IF YOU GO OUT TO BE A FRIEND, YOU'LL FIND THEM EVERYWHERE."

-ZIG ZIGLAR

Who Are They?	
Why Do They D	eserve Kindness?
What's Your Fav	vorite Thing About This Person?
40 MINUTES	PUT KINDNESS INTO ACTION
IU MINUIES I	FOL KINDULTS INTO ACTION
Michelle Obama	a message with an odd comparison like, "You remind me of a because" or, "Have I ever told you that your essence is m Lincoln's because"
DID YOU DO I	T? YES! NOT YET
If yes, what did	I you learn? If not yet, what got in the way?









# GO THROUGH ANY OLD BOOKS AND FIND ONE THAT YOU THINK THIS PERSON WOULD LIKE.

write a little note

ON THE INSIDE COVER ABOUT WHY YOU'RE PASSING IT ON. IF YOU DON'T HAVE ONE ON HAND,

— find an excerpt or a poem ———

YOU CAN PRINT OR SHARE AND

WRITE A NOTE ABOUT WHY IT MADE YOU THINK OF THIS FRIEND.



#### 30 DAYS | DAY 16

1 PERSON | FRIEND

"THEY MAY FORGET WHAT YOU SAID - BUT THEY WILL
NEVER FORGET HOW YOU MADE THEM FEEL."
-MAYA ANGELOU

Why Do They Deserve	Kindness?
What's Your Favorite T	hing About This Person?
10 MINUTES   PUT	KINDNESS INTO ACTION
Write a little note on the don't have one on hand	oks and find one that you think this person would like e inside cover about why you're passing it on. If you d, find an excerpt or a poem you can print or share why it made you think of this friend.
NIN YNII NN IT?	yes! □ NOT YET
	earn? If not yet, what got in the way?
ir you, what are you is	ann. It not you, what got in the way.







#### KIND

#### 10 MINUTES

# SEND THIS PERSON A TEXT OR A CALL THAT SOUNDS SOMETHING LIKE THIS:

"THERE IS SO MUCH NEGATIVITY
IN THE WORLD, BUT YOU HAVE
ALWAYS BEEN \_\_\_\_\_.

I ADMIRE YOU SO MUCH FOR YOUR

\_\_\_\_ AND AM CONSTANTLY
INSPIRED WHEN I THINK OF YOU
DOING \_\_\_\_.

THE WORLD NEEDS WAY MORE

\_\_\_\_ AND A WHOLE LOT

MORE OF YOU."



#### 30 DAYS | DAY 17

A BEBOOM I A DEDCOM VOM ADMIDE

"TELL ME WHO YOU WALK WITH, AND I'LL TELL YOU WHO YOU ARE."
-ESMERALDA SANTIAGO

Why Do They D	Deserve Kindness?
	avorite Thing About This Person?
10 MINUTES	I PUT KINDNESS INTO ACTION
so much negat you so much fo	on a text or a call that sounds something like this: "There is tivity in the world, but you have always been I admire or your and am constantly inspired when I think of you he world needs way more and a whole lot more You."
DID YOU DO	IT? YES! NOT YET
If yes, what di	d you learn? If not yet, what got in the way?







# DRAW A PICTURE ON A SMALL PIECE OF PAPER THAT REPRESENTS

A FUNNY MEMORY YOU HAVE

# WITH THIS PERSON. TEXT IT OR POST IT ONLINE SO THEY CAN SEE AND

– you can reminisce on the moment

### AND/OR HOW BAD OF A DRAWER YOU ARE.



#### 30 DAYS | DAY 18

Character Strong

"THE WORLD IS FULL OF MAGICAL THINGS PATIENTLY
WAITING FOR OUR WITS TO GROW SHARPER."

-BERTRAND RUSSELL

1 PERSON I A PERSON THAT MAKES YOU LAUGH

Why Do They Deserve Kindness?  What's Your Favorite Thing About This Person?  10 MINUTES   PUT KINDNESS INTO ACTION  Draw a picture on a small piece of paper that represents a funny memory you have with this person. Text it or post it online so they can see and you can reminisce on the moment and/or how bad of a drawer you are.  DID YOU DO IT?	Who Are They?	
Draw a picture on a small piece of paper that represents a funny memory you have with this person. Text it or post it online so they can see and you can reminisce on the moment and/or how bad of a drawer you are.  DID YOU DO IT?   YES!  NOT YET	Why Do They Dese	rve Kindness?
Draw a picture on a small piece of paper that represents a funny memory you have with this person. Text it or post it online so they can see and you can reminisce on the moment and/or how bad of a drawer you are.  DID YOU DO IT?   YES!   NOT YET	What's Your Favorit	e Thing About This Person?
Draw a picture on a small piece of paper that represents a funny memory you have with this person. Text it or post it online so they can see and you can reminisce on the moment and/or how bad of a drawer you are.  DID YOU DO IT?   YES!   NOT YET		
you have with this person. Text it or post it online so they can see and you can reminisce on the moment and/or how bad of a drawer you are.  DID YOU DO IT?   YES!   NOT YET	10 MINUTES   PL	IT KINDNESS INTO ACTION
	you have with this p	person. Text it or post it online so they can see and you
If yes, what did you learn? If not yet, what got in the way?	DID YOU DO IT?	□ YES! □ NOT YET
, , , , , , , , , , , , , , , , , , , ,	If yes, what did yo	u learn? If not yet, what got in the way?

@characterstrong

@careacter

#DeepKindness



### TRY SOMETHING NEW TODAY BASED ON THIS

PERSON'S INSPIRATION

# DO IT FOR 10 MINUTES, TAKE A PICTURE OR VIDEO OR JOURNAL ABOUT

— your experience

### AND (IF POSSIBLE) SHARE WITH THIS PERSON

ABOUT HOW THEIR LIFE HAS INSPIRED YOU TO MAKE YOUR LIFE THAT MUCH BETTER.



#### 30 DAYS | DAY 19

"JUST DON'T GIVE UP TRYING TO DO WHAT YOU REALLY WANT TO DO. WHERE
THERE IS LOVE AND INSPIRATION, I DON'T THINK YOU CAN GO WRONG."

-ELLA FITGERALD

1 PERSON I A PERSON THAT INSPIRES YOU

What's Your Favorite Thing About This Person?  **DID MINUTES   PUT KINDNESS INTO ACTION**  Try something new today based on this person's inspiration. Do it for 10 ninutes, take a picture or video or journal about your experience, and (if possible) share with this person about how their life has inspired you to make your life that much better.  **DID YOU DO IT?	Who Are The	py?
ID MINUTES   PUT KINDNESS INTO ACTION  Try something new today based on this person's inspiration. Do it for 10 minutes, take a picture or video or journal about your experience, and (if possible) share with this person about how their life has inspired you to make your life that much better.  DID YOU DO IT?  YES!  NOT YET	Why Do The	y Deserve Kindness?
Try something new today based on this person's inspiration. Do it for 10 minutes, take a picture or video or journal about your experience, and (if possible) share with this person about how their life has inspired you to make your life that much better.	What's Your	Favorite Thing About This Person?
Try something new today based on this person's inspiration. Do it for 10 minutes, take a picture or video or journal about your experience, and (if possible) share with this person about how their life has inspired you to make your life that much better.		
ninutes, take a picture or video or journal about your experience, and (if possible) share with this person about how their life has inspired you to make your life that much better.  OID YOU DO IT?   YES!   NOT YET	IO MINUTE	S I PUT KINDNESS INTO ACTION
	minutes, tak possible) sh	e a picture or video or journal about your experience, and (if are with this person about how their life has inspired you to
		`
	DID VOIL D	* * * * * * * * * * * * * * * * * * *
f yes, what did you learn? If not yet, what got in the way?	ע טטץ עונ	UII? LYES! LINOTYET
	f yes, what	did you learn? If not yet, what got in the way?







#### KIND A JOURNAL

#### 10 MINUTES

# SEND THIS PERSON A TEXT OR A CALL THAT SOUNDS SOMETHING LIKE THIS:

"I KNOW WE DIFFER IN OUR
PERSPECTIVE OF \_\_\_\_\_\_,
BUT I DO APPRECIATE HOW \_\_\_\_\_
CHALLENGES ME TO \_\_\_."



#### 30 DAYS | DAY 20

"WHEN YOU STOP EXPECTING PEOPLE TO BE PERFECT,
YOU CAN LIKE THEM FOR WHO THEY ARE."
-DONALD MILLER

Why Do They Deserve Kindness? What's Your Favorite Thing About This Person?
What's Your Favorite Thing About This Person?
10 MINUTES I PUT KINDNESS INTO ACTION
Send this person a text or a call that sounds something like this: "I kn we differ in our perspective of, but I do appreciate how challenges me to".
DID YOU DO IT? YES! NOT YET
If yes, what did you learn? If not yet, what got in the way?









# GIVE THIS PERSON A CALL AND LET THEM KNOW THESE 3 THINGS:

- 1. WHY YOUR LIFE HAS BEEN MADE
  BETTER BECAUSE OF THEM
  - 2. WHAT YOU'VE LEARNED FROM BEING AROUND THEM
  - 3. HOW YOU WILL CONTINUE TO IMPROVE BECAUSE OF THEIR INCREDIBLE-NESS

### Day 21

#### 30 DAYS | DAY 21

"MY FATHER DIDN'T TELL ME HOW TO LIVE; HE LIVED AND LET ME WATCH HIM DO IT."
-ANONYMOUS

1 PERSON I A ROLEMODEL YOU KNOW PERSONALLY

some new record	
Who Are The	y?
Why Do They	Deserve Kindness?
What's Your	Favorite Thing About This Person?
10 MINUTES	B I PUT KINDNESS INTO ACTION
has been ma	son a call and let them know these 3 things: 1) Why your life de better because of them, 2) What you've learned from being, and 3) How you will continue to improve because of their ess.
	* * *
DID YOU DE	IT? YES! NOT YET
If ves what	did you learn? If not yet, what got in the way?
, 500,	and you rount. It not you, what got in the hay.









#### WRITE OUT 3 THINGS YOU

MOST ADMIRE ABOUT THIS PRESON.

# BELOW EACH THING, WRITE HOW YOU WILL CHOOSE TO PRACTICE THIS THING OR LIVE IT OUT IN YOUR OWN LIFE.

SHARE ABOUT THIS PERSON WITH ONE OTHER FRIEND SO THEY CAN BE INSPIRED, TOO!



#### 30 DAYS | DAY 22

"WHEN YOU SEE A ROLE MODEL, WHAT YOU SEE IS A PERSON
WHO HAS THE COURAGE TO BE WHO YOU WISH YOU COULD BE.
STOP WISHING AND JUST BE."

-ANONYMOUS

1 PERSON I A ROLEMODEL YOU'VE NEVER MET Who Are They? Why Do They Deserve Kindness? What's Your Favorite Thing About This Person? 10 MINUTES | PUT KINDNESS INTO ACTION Write out the 3 things you most admire about this person. Below each thing, write how you will choose to practice this thing or live it out in your own life. Share about this person with one other friend so they can be inspired, too! DID YOU DO IT? □ YES! If yes, what did you learn? If not yet, what got in the way?







#### CREATE AN I.O.U. CARD

— for a neighbor you know

#### THAT HAS

- YOUR NAME
- **A WAY TO CONTACT YOU**
- A SILLY OFFER THAT SAYS YOU'D BE UP FOR GIVING YOUR TIME TO HELP WITH

### MAYBE IT'S TO WATCH THEIR DOG, PLUCK SOME WEEDS,

BRING OVER SOME EXTRA
MILK WHEN THEY'VE POURED CEREAL
AND REALIZED THEY WERE OUT.



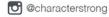
#### 30 DAYS | DAY 73

1 PERSON I A NEIGHBOR

"ALL HUMAN BEINGS ARE MY NEIGHBORS. WE SHARE THE SAME PLANET."
-ANA MONNAR

Who Are They?  Why Do They Deserve Kindness?  What's Your Favorite Thing About This Person?  ID MINUTES   PUT KINDNESS INTO ACTION  Create an I.O.U. card for a neighbor you know that has your name, a way o contact you, and a silly offer that says you'd be up for giving your time thelp with. Maybe it's to watch their dog, pluck some weeds, or bring over some extra milk when they've poured cereal and realized they were out.		
Mhat's Your Favorite Thing About This Person?  ID MINUTES   PUT KINDNESS INTO ACTION  Create an I.O.U. card for a neighbor you know that has your name, a way o contact you, and a silly offer that says you'd be up for giving your time thelp with. Maybe it's to watch their dog, pluck some weeds, or bring over some extra milk when they've poured cereal and realized they were out.	Who Are They	?
Create an I.O.U. card for a neighbor you know that has your name, a way to contact you, and a silly offer that says you'd be up for giving your time to nelp with. Maybe it's to watch their dog, pluck some weeds, or bring over some extra milk when they've poured cereal and realized they were out.	Why Do They	Deserve Kindness?
Create an I.O.U. card for a neighbor you know that has your name, a way o contact you, and a silly offer that says you'd be up for giving your time to nelp with. Maybe it's to watch their dog, pluck some weeds, or bring over some extra milk when they've poured cereal and realized they were out.	What's Your Fa	avorite Thing About This Person?
Create an I.O.U. card for a neighbor you know that has your name, a way o contact you, and a silly offer that says you'd be up for giving your time to nelp with. Maybe it's to watch their dog, pluck some weeds, or bring over some extra milk when they've poured cereal and realized they were out.		
o contact you, and a silly offer that says you'd be up for giving your time to nelp with. Maybe it's to watch their dog, pluck some weeds, or bring over some extra milk when they've poured cereal and realized they were out.	10 MINUTES	I PUT KINDNESS INTO ACTION
NID VOIL DO IT2	to contact you help with. May	, and a silly offer that says you'd be up for giving your time to be it's to watch their dog, pluck some weeds, or bring over
NID VOIL DO IT2 YEST NOT YET		
NOT YELL		* * *
TO TOO DO IT: LIVE THOU TEL	DID YOU DO	IT? YES! NOT YET
f yes, what did you learn? If not yet, what got in the way?	If yes, what d	id you learn? If not yet, what got in the way?







K I N C

#### 10 MINUTES

#### 



#### 30 DAYS | DAY 24

1 PERSON | PUBLIC SERVANT

"PUBLIC SERVICE IS ABOUT SERVING ALL THE PEOPLE,
INCLUDING THE ONES WHO ARE NOT LIKE YOU."

-CONSTANCE WU

Why Do They Deserve Kindness? What's Your Favorite Thing About This Person?  O MINUTES   PUT KINDNESS INTO ACTION  Find your local police or fire department twitter or facebook and tag them is gratitude post.		
O MINUTES   PUT KINDNESS INTO ACTION  ind your local police or fire department twitter or facebook and tag them i	Who Are T	ney?
O MINUTES   PUT KINDNESS INTO ACTION ind your local police or fire department twitter or facebook and tag them i	Why Do Th	ey Deserve Kindness?
ind your local police or fire department twitter or facebook and tag them i	What's You	r Favorite Thing About This Person?
	10 MINUT	ES I PUT KINDNESS INTO ACTION
* * *		
		* * *
IID YOU DO IT? YES! NOT YET	DID YOU	DO IT? YES! NOT YET
yes, what did you learn? If not yet, what got in the way?	If yes, wha	at did you learn? If not yet, what got in the way?







#### A JOURNAL

#### 10 MINUTES

# WRITE A SHORT, ANONYMOUS POEM ABOUT WHY THE WORLD IS BEAUTIFUL AND WHY

**EVERYONE DESERVES KINDNESS** 

AND POST IT IN A PUBLIC SPACE.



#### 30 DAYS | DAY 25

1 PERSON I CTRANGER

"A STRANGER IS SIMPLY A FRIEND YOU HAVE NOT MET YET."
-YES THEORY

I I ENOUN I	TRANTOCK
Who Are They?	)
Why Do They D	Deserve Kindness?
What's Your Fa	vorite Thing About This Person?
10 MINUTES	I PUT KINDNESS INTO ACTION
	nonymous poem about why the world is beautiful and why rves kindness and post it in a public space.
	* * *
DID YOU DO	IT? YES! NOT YET
f yes, what di	d you learn? If not yet, what got in the way?
, , , , , , , , , , , , , , , , , , , ,	. , , , ,







#### KIND A JOURNAL

#### 10 MINUTES

# SEND A MESSAGE OR POST ONLINE FOR SOMEONE WHO WORKS IN HEALTHCARE THAT SOUNDS LIKE THIS:

"I KNOW THERE ARE DAYS WHERE YOU FEEL EXHAUSTED AND THAT THIS WORK IS REALLY HARD.

I JUST WANT TO REMIND YOU THAT
YOU ARE \_\_\_\_ AND THAT YOU BRING
\_\_\_ TO PEOPLE EVERY DAY.

YOU ARE A HERO TO ME BECUASE \_\_\_\_."



#### 30 DAYS | DAY 76

"YOU TREAT A DISEASE, YOU WIN, YOU LOSE. YOU TREAT A PERSON, I GUARANTEE YOU, YOU'LL WIN, NO MATTER WHAT THE OUTCOME."

-PATCH ADAMS

1 DEDCON I COMPONE VINO VIODEC IN HEALTHCAPE

Why Do They Deserve Kindness?  What's Your Favorite Thing About This Person?  10 MINUTES   PUT KINDNESS INTO ACTION  Send a message or post online for someone who works in healthcare that sounds like this: "I know there are days where you feel exhausted and that this work is really hard. I just want to remind you that you are and that you bring to people every day. You are a hero to me because"  DID YOU DO IT?	I PERSON I SUFILUNE WHO WORKS IN HEALTHCAKE
10 MINUTES   PUT KINDNESS INTO ACTION  Send a message or post online for someone who works in healthcare that sounds like this: "I know there are days where you feel exhausted and that this work is really hard. I just want to remind you that you are and that you bring to people every day. You are a hero to me because"	Who Are They?
10 MINUTES   PUT KINDNESS INTO ACTION  Send a message or post online for someone who works in healthcare that sounds like this: "I know there are days where you feel exhausted and that this work is really hard. I just want to remind you that you are and that you bring to people every day. You are a hero to me because"	Why Do They Deserve Kindness?
Send a message or post online for someone who works in healthcare that sounds like this: "I know there are days where you feel exhausted and that this work is really hard. I just want to remind you that you are and that you bring to people every day. You are a hero to me because"	What's Your Favorite Thing About This Person?
Send a message or post online for someone who works in healthcare that sounds like this: "I know there are days where you feel exhausted and that this work is really hard. I just want to remind you that you are and that you bring to people every day. You are a hero to me because"	
Send a message or post online for someone who works in healthcare that sounds like this: "I know there are days where you feel exhausted and that this work is really hard. I just want to remind you that you are and that you bring to people every day. You are a hero to me because"	10 MINUTES I PUT KINDNESS INTO ACTION
If yes, what did you learn? If not yet, what got in the way?	sounds like this: "I know there are days where you feel exhausted and that the work is really hard. I just want to remind you that you are and that you bring to people every day. You are a hero to me because"  DID YOU DO IT?   YES!   NOT YET







#### KIND A JOURNAL

#### 10 MINUTES

# WRITE A POST ON SOCIAL MEDIA ABOUT THIS PERSON AND PRETEND IT IS NATIONAL DAY

(Uncle, Second Cousin, Great Grandma).

# SHARE WHY YOU'RE PROUD TO HAVE THIS PERSON AS A PART OF YOUR FAMILY.



#### 30 DAYS | DAY 27

"MANY MEN CAN MAKE A FORTUNE BUT VERY FEW CAN BUILD A FAMILY."

-J.S. BRYAN

1 PERSON	FAMILY
Who Are They	?
Why Do They	Deserve Kindness?
What's Your F	avorite Thing About This Person?
10 MINUTES	I PUT KINDNESS INTO ACTION
Day (Und	on social media about this person and pretend it is National cle, Second Cousin, Great Grandma). Share why you're proucerson as a part of your family.
DID YOU DO	IT? YES! NOT YET
If yes, what d	lid you learn? If not yet, what got in the way?







#DeepKindness

#### A JOURNAL

#### 10 MINUTES

#### SEND THIS PERSON 5-7 PICTURES OF ALL

YOUR WORST FACE ANGLES

#### WITH A CAPTION LIKE,

"YOU'RE THE ONLY PERSON IN THE WORLD I WOULD TRUST TO SEND THESE TO.

THANKS FOR LOVING ME FROM ALL ANGLES."



#### 30 DAYS | DAY 78

1 PERSON | BEST FRIEND

"I'M CONVINCED THAT PROBABLY EVERYONE YOU MEET IS FIGHTING A BATTLE YOU KNOW NOTHING ABOUT. IT'S JUST ONE MORE REASON TO ALWAYS TRY TO BE KIND."

-YOLANDA HADID

Who Are They?	
Why Do They D	eserve Kindness?
What's Your Fa	vorite Thing About This Person?
10 MINUTES	I PUT KINDNESS INTO ACTION
like, "You're th	on 5-7 pictures of all your worst face angles with a caption e only person in the world I would trust to send these to. ng me from all angles."
	* * *
DID YOU DO	IT? YES! NOT YET
If yes, what did	d you learn? If not yet, what got in the way?









### SPEND 10 MINUTES DISCONNECTED AND IN SILENCE.

— close your eyes.——

# & PICTURE YOUR FAVORITE MOMENTS FROM THIS PAST MONTH RELATED TO KINDNESS.

HOLD EACH MOMENT IN GRATITUDE.

#### BREATH DEEPLY AND SAY,

out loud

"I'VE DONE GOOD FOR MYSELF, FOR MY FRIENDS, FOR MY FAMILY, AND FOR THE WORLD."



#### 30 DAYS | DAY 79

"FOR BEAUTIFUL EYES, LOOK FOR THE GOOD IN OTHERS; FOR BEAUTIFUL LIPS, SPEAK ONLY WORDS OF KINDNESS; AND FOR POISE, WALK WITH THE KNOWLEDGE THAT YOU ARE NEVER ALONE."

-AUDREY HEPBURN

1	PE	RS	In	N	Y0	URS	FI	F

Why Do You Deserve Kindness Today?:

	ast month related to Kindness eeply and say, out loud, "I've
DID YOU DO IT? YES! NOT YET  f yes, what did you learn? If not yet, what got in the way?	
f yes, what did you learn? If not yet, what got in the way?	'ET
	got in the way?









### FILM A VIDEO OF YOURSELF

# REMINISCING ABOUT THIS PAST MONTH AND THE THINGS YOU'VE LEARNED, THE PEOPLE YOU'VE MADE SMILE, AND THE MOST

**POWERFUL MOMENTS OF KINDNESS** 

### YOU HAVE SHARED WITH YOURSELF AND OTHERS.

SHARE THIS FOR OTHERS TO SEE AND BE INSPIRED!

Or just keep it to yourself and have it for a rainy, tough day to reinspire you.



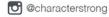
#### 30 DAYS | DAY 30

"TO BE NOBODY BUT YOURSELF IN A WORLD WHICH IS DOING ITS BEST DAY AND NIGHT TO MAKE YOU LIKE EVERYBODY ELSE MEANS TO FIGHT THE HARDEST BATTLE WHICH ANY HUMAN BEING CAN FIGHT AND NEVER STOP FIGHTING."

-E.E. CUMMINGS

Willy Do Tou L	eserve Kindness Today?:
10 MINUTES	I PUT KINDNESS INTO ACTION
and the things most powerfu others. Share	f yourself (or write a post) reminiscing about this past mont you've learned, the people you've made smile, and the moments of Kindness you have shared with yourself and this for others to see and be inspired! (Or, just keep it to ave it for a rainy,tough day to reinspire you).
DID YOU DO	IT? YES! NOT YET
	d you learn? If not yet, what got in the way?







### START YOUR JOURNEY TO CULTIVATING DEEP KINDNESS WITH 10 MINUTES A DAY FOR 30 DAYS.

Kind: A Journal is a project from Deep Kindness author Houston Kraft and CharacterStrong that will help you jump start your Deep Kindness practice with helpful prompts, inspiring quotes, and writing pages to encourage the exercise of compassion.

For those who believe in a kinder world and believe that our everyday actions matter, this journal (paired with the teachings in *Deep Kindness*), can help transform intentions into action.

DEEPKINDNESSJOURNAL.COM

